

AQUATIC THERAPY

THE HEALING
POWER OF
WATER.



GO WITH THE FLOW.

The Aquatic program at Agility Physical Therapy & Sports Performance provides rehabilitation, prevention and wellness for a wide array of patients in a safe, aquatic environment. Our team of experts will spend one-on-one time with you to assess your needs and develop an individualized aquatic program to help restore early movement and long-lasting function.

Appropriate diagnoses for Aquatic Physical Therapy:

- Post-operative rehab for upper and lower extremities
- Degenerative Joint Disease
- Degenerative Disc Disease
- Osteoarthritis (OA) and Rheumatoid Arthritis (RA)
- Lumbar Herniated Disc
- Extremity Fractures
- De-conditioning
- Early unloading for spine & lower extremities
- Chronic pain (e.g., Fibromyalgia and Myofascial Pain)
- Endurance and Sports Specific Training
- Prenatal and Postpartum

Goals to Improve Through Aquatic Physical Therapy:

- Range of Motion
- Flexibility
- Strength
- Endurance/Aerobic conditioning
- Walking and Balance
- Circulation
- Progression of weight bearing status

To make an appointment or for more information about any of our physical therapy or specialty programs, please feel free to contact our office.



5886 Venture Park
Kalamazoo, MI 49009
P 269.375.4737 F 269.375.4747
www.agilitysportsmedicine.com